



August 2015

Myles Standish State Forest

Park Phone Number: 508-866-2526

Park Website: <http://www.mass.gov/eea/agencies/dcr/massparks/region-south/myles-standish-state-forest.html>

All programs are free and open to the public unless otherwise noted. All children must be accompanied by an adult. Reasonable accommodations are available upon request.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Explore Nature: Animal Detectives 3:00pm-4:00pm Night Hike 8:00pm-9:15pm
2	3	4	5 A Stroll Through the Pines 9:00am – 10:00am CCC Bike Tour 10:30am -12:30pm	6 Off The Beaten Path Hike 9:00am – 11:30am	7 Cutterfield Bird Watching 9:00am – 10:30am Frost Pocket Frolic 1:00pm – 2:30pm	8 Explore Nature: Dragons & Damsels 3:00pm-4:00pm Night Hike 8:00pm-9:15pm
9 Cannonballs and Cranberries 10:00am-11:00am College Pond: Creature Feature 1:00pm – 2:30pm	10	11 Explore Nature: Swamp Tromp 10:00am-11:00am College Pond: Creature Feature 1:00pm – 2:30pm	12 A Stroll Through the Pines 9:00am – 10:00am CCC Bike Tour 10:30am -12:30pm	13 Off The Beaten Path Hike 9:00am – 11:30am	14 Pond Shore Foray 9:00am – 10:30am Frost Pocket Frolic 1:00pm – 2:30pm	15
16	17	18 Cannonballs and Cranberries 10:00am-11:00am College Pond: Creature Feature 1:00pm – 2:30pm	19 A Stroll Through the Pines 9:00am – 10:00am CCC Bike Tour 10:30am -12:30pm	20 Off The Beaten Path Hike 9:00am – 11:30am	21 Cutterfield Bird Watching 9:00am – 10:30am Frost Pocket Frolic 1:00pm – 2:30pm	22 Explore Nature: Who's that Singing 3:00pm-4:00pm Night Hike 8:00pm-9:15pm
23 Cannonballs and Cranberries 10:00am-11:00am College Pond: Creature Feature 1:00pm – 2:30pm	24	25	26 A Stroll Through the Pines 9:00am – 10:00am CCC Bike Tour 10:30am -12:30pm	27 Off The Beaten Path Hike 9:00am – 11:30am	28 Pond Shore Foray 9:00am – 10:30am Frost Pocket Frolic 1:00pm – 2:30pm	29

Program Descriptions

<p style="text-align: center;">Frost Pocket Frolic</p>	<p>Myles Standish State Forest is home to one of the Earth's largest remaining pine barrens. This large forest consists of pitch pine and scrub oak woodlands and plentiful ponds that are home to many species. Join us on this 3.5-mile hike through a series of frost pockets in the pine barrens. Bring water, bug spray, sun screen and wear good hiking shoes. Meet at Parking Lot 2 on Upper College Pond Road. For a trail map, including parking lots, visit http://www.mass.gov/eea/docs/dcr/parks/trails/mssf1.pdf. Rain cancels.</p>
<p style="text-align: center;">Off the Beaten Path Hiking Series</p>	<p>Join the Park Interpreter on a recreational hike each week into a different part of Myles Standish State Forest. Each hike travels along different trails and is about 4 to 5 miles in length. Join us for one hike or come for the whole series! Please wear bug spray, sunscreen, and supportive shoes. Bring along water and a snack. For adults and older children who can hike 4 to 6 miles of moderately difficult trails. All children must be accompanied by an adult. We'll meet in a different location each week; call (508) 866-2580 x164 for meeting location. For a trail map, including parking lots, visit http://www.mass.gov/eea/docs/dcr/parks/trails/mssf1.pdf. Rain or shine; downpours and/or thunderstorms cancel.</p>
<p style="text-align: center;">Cranberries & Cannonballs: Rocky Pond Cranberry Bog Tour</p>	<p>Join us for a hike around the Rocky Pond Cranberry Bog. We will discuss and explore the history of the bog, including cranberry agriculture and the natural history of the park. You'll learn about Federal Furnace, glaciation, and the area's wildlife. Meet at the Rock Pond Cranberry Bog Parking Lot on Bare Hill Road near Rocky Pond. For a map visit http://www.mass.gov/eea/docs/dcr/parks/trails/mssf1.pdf. Rain cancels.</p>
<p style="text-align: center;">Night Hike</p>	<p>What happens in the forest as night approaches? Join in on a guided walk through the night woods to discover how nocturnal birds and animals use their senses to survive at night. This is a moonlight thrill for all ages. No flashlights allowed on this walk and bring your insect repellent. Meet at the Interpretive Center next to Headquarters. Rain cancels.</p>
<p style="text-align: center;">CCC Bike Tour</p>	<p>Meet at the Interpretive Center for a leisurely and informative bike ride. We will follow the bike trails within the forest and learn about the history of MSSF and the work the Civilian Conservation Corps did here. We'll also learn about the natural history and stop at some spots with good photo opportunities. Program is for adults and children 10+; younger children in carriers with a helmet are welcome. All participants must have their own bike and wear a bike helmet (no exceptions!), and bring water. Meet at Interpretive Center. All children must be accompanied by an adult. Cancelled in the event of rain.</p>
<p style="text-align: center;">Explore Nature Series</p>	<p>This program will be offered most Saturday afternoons. We'll explore the natural world of Myles Standish State Forest with guided walks, games and activities. For children and curious adults; all children must be accompanied by an adult. Meet in front of the Interpretive Center. Rain cancels. Here are the programs for July:</p> <ul style="list-style-type: none"> • August 1th – Animal Detectives: Animal tracks tell the story of the forest. Come learn how to identify the animals that share this forest by learning their tracks and how to read them. Fun and informative for kids and adults. • August 8th - Dragons & Damsels: Learn about the beautiful dragonflies and damselflies found in Myles

	<p>Standish State Forest. We'll search around the pond for these dazzling creatures and learn about the life cycle of these beautiful flyers by catching them in sweep nets and examining them up close with a hand lens.</p> <ul style="list-style-type: none"> • August 11th – Swamp Tromp: Learn about the amazing wet world of pond life in Myles Standish State Forest. We will discover what kinds of fish, insects, birds and mammals call these ponds home. We will learn about insect identification and what that can tell us about how clean the ponds are by catch water insects in nets and buckets provided by the DCR. • August 22th – Who's That Singing: Learn about the birds that inhabit our beautiful forest and learn to identify many of the most common songbirds found in Myles Standish State Forest. We'll search the fields and forests around the East Head Reservoir for these lovely creatures and how to identify them by sight and by song. Binoculars will be provided
Creature Feature	Come learn about some of the creatures that live here at Myles Standish State Forest. Each week, the Park Interpreter will set up a display of pelts, bones, skulls, other artifacts, and perhaps a live animal or two! Program will take place at the College Pond Day Use Area. There is a \$8.00 per car parking fee. Rain cancels.
Cutterfield Bird Watching	An informal bird watching program in one of MSSF premier bird watching locations. Meets at Fearing Pond Day Use Area with a short walk over to Cutterfield Road to explore the birds of forest and field. One hour and a half of bird watching and call identifying. This is for beginner birders; please bring binoculars if you have them – or borrow a pair of ours. Rain cancels. Note: the Day Use Area parking lot will be open for this program only, all cars must leave the lot by end of the program so we can lock the gates. For a trail map, including parking lots, visit http://www.mass.gov/eea/docs/dcr/parks/trails/mssf1.pdf .
A Stroll Through the Pines	It's never too late to get out and enjoy nature! This is a level, gently paced walk in the woods no longer than a half hour long (15 min out, 15 min back). It is designed for ambulatory people looking to get more active and enjoy the beauty of the forest. Perfect for seniors, people recovering from an injury or just people looking to get more exercise. A friendly and knowledgeable park interpreter will lead the walk and will speak about the plants, animals and history of this magnificent forest. Meets at the Interpretive Center in Parking Lot One. Rain cancels.
Pond Shore Foray	Come explore the secret world of the Coastal Plains Pond Community and the rich and varied life they support. This highly adapted yet highly delicate ecosystem is among one of New England's most beautiful and threatened wildlife communities. Discover how amazing species of plants and animals adapted to this unique environment and how we as citizens can do more to preserve and protect these ecological gems! Adults and Children over 10 welcome. Rain cancels.